

# PADME AMIDALA COSPLAY WORKOUT & GUIDE



Bonus PDF File  
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# PADME AMIDALA SUGGESTED COSPLAY

## The Good Stuff:

*\*\*These are not the budget options. These are from our friends over at EZCosplay and are NOT simply "Halloween Costumes" but cosplay outfits that are made to transform you into these characters.\*\**

[Padme Amidala Costume ALL OPTIONS](#)

[Padme Amidala Costume Variation Above](#)

[Padme Amidala Costume Naberrie Variation](#)

[Padme Amidala Phantom Menace Queen Full Costume](#)

## Amazon Budget Route:

*\*\*These are budget options that are from Amazon and may be simply Halloween Costume items, but are also the top options we suggest from the platform.\*\**

[Padme Amidala Costume Standard Variation \(Above\)](#)

[Padme Amidala Costume Phantom Menace Queen Amidala Variation](#)

[Padme Amidala Long Dress Variation 3](#)

And there you have it.

**Along with this killer workout I'm going to build for you to turn you into Padme Amidala, these are our favorite options for his outfit.**

*Don't forget to tag me in your pics @MikeRomaine on [Insta!](#)*

# PADME AMIDALA WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

We're going to be doing 5 days per week with 3 days being a bit more intense bodyweight/calisthenics and core, and two days being cardio and some extra glute and core focus (although we'll be hitting them in the calisthenics training as well).

## Difficulty Level:

Beginner

*When we do our celebrity and character workouts we base the difficulty level off of their routines/their powers. For this one it's just a judgement call on how I believe we can best get you looking like each character. For that reason I'm providing a level for each.*

## Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

## Padme Amidala Cosplay Workout: Sample Workout Schedule

**Monday:** Calisthenics and Track Your Walking

**Tuesday:** Cardio + Extra Glutes and Core

**Wednesday:** Calisthenics and Track Your Walking

**Thursday:** Cardio + Extra Glutes and Core

**Friday:** Calisthenics and Track Your Walking

**Saturday:** Rest Day

**Sunday:** Rest Day

## **Padme Amidala Cosplay Workout: Calisthenics + Track Your Walking**

**Warm Up:**

5 Minute Jog

**Workout:**

**Circuit One: Complete 4 Rounds**

10 Jump Squats

10 Knee Push Ups

20 Jumping Lunges

10 Mountain Climbers

10 Chair Dips

**Circuit Two: Complete 3 Rounds**

10 Plank to Push Ups

15 Pause Squats

20 Pike Push Ups

15 V-Ups

10 Slow-Mo Mountain Climbers (Knee to Chest)

**Extra Calisthenics:**

*(Can Be Done Throughout The Day and Broken Down into More Sets)*

Push Ups (or Knee Push Ups)

3×20

Air Squats

3×20

Dips

3×15

Side Planks

3×30 seconds (each side)

## **Track Your Walking:**

Track 10,000 Steps!

## **Padme Amidala Cosplay Workout: Cardio + Extra Glutes and Core**

### **Warm Up:**

Stretch

### **Workout:**

30-60 Minutes of Varied Cardio

Options:

- Treadmill Run or Incline Walk
- HIIT Training on Treadmill, Bike or Rower
- StairMaster
- Elliptical (Fast Paced)
- Rower

### **Bonus Glutes and Core**

#### **Glutes Circuit: 3 Rounds**

Donkey Kicks x 20

Fire Hydrants x 20

Glute Bridges x 20



Wall Sit x 60 seconds

**Core Circuit: 3 Rounds**

Crunches x 20

Lying Leg Raises x 20

Flutter Kicks x 20

Forearm Plank x 60 seconds